

How Healthy Is Your Mouth?

FACT

Untreated gum disease can lead to tooth loss and may even increase your risk of heart attack and stroke. Brush and floss daily and see your dentist twice a year to reduce your risk.



"I visit my dentist every six months — for my health and my heart."

Take a Step in the Right Direction!

Discover how small steps can lead to big improvements in your well-being.

Norfolk Consortium Wellness Program
<https://www.myhealthiq.com/>
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